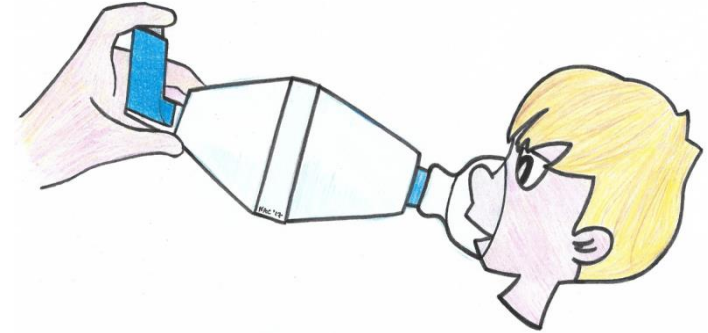


# Inhaler with a Spacer

## Under 3 years

Wash new spacers in warm, soapy water and leave to drip-dry.  
Wash every month. Do not put in the dishwasher.

**Do not wipe or dry with a towel**



### To Give the Inhaler:

1. **Shake** the inhaler well
2. Remove the lid and fit the inhaler into the end of the spacer
3. Put the mask over your child's nose and mouth. **Ensure a good seal**
4. For **children under 18 months**, tilt their Volumatic Spacer upwards so that the valve is open.
5. Press the inhaler **once** and count to 10 seconds
6. If your child needs a second puff, press the inhaler again and count another 10 seconds
7. **If more than two puffs are required, shake inhaler after every second puff.**

### Rules to Remember:

- **Only press the inhaler once** at a time otherwise puffs stick together and coat the sides of the spacer so your child gets less medicine
- **Wash the spacer monthly in warm, soapy water and leave to drip-dry** to prevent the medication from sticking to the sides of the spacer
- Spacers used every day should be replaced every year
- **Always wash your child's face and rinse their mouth or brush their teeth after using a preventer inhaler**

### Further information

Children's Asthma Nurses Team :  
0208 725 3043  
Monday-Friday 8am-6pm  
outside of these times contact;  
NHS 111

[paediatricasthma@stgeorges.nhs.uk](mailto:paediatricasthma@stgeorges.nhs.uk)

[www.asthma.org.uk/](http://www.asthma.org.uk/)

**Follow us on Twitter!**  
[@SGHAsthma](https://twitter.com/SGHAsthma)



# Salbutamol Weaning Regime

## After Discharge

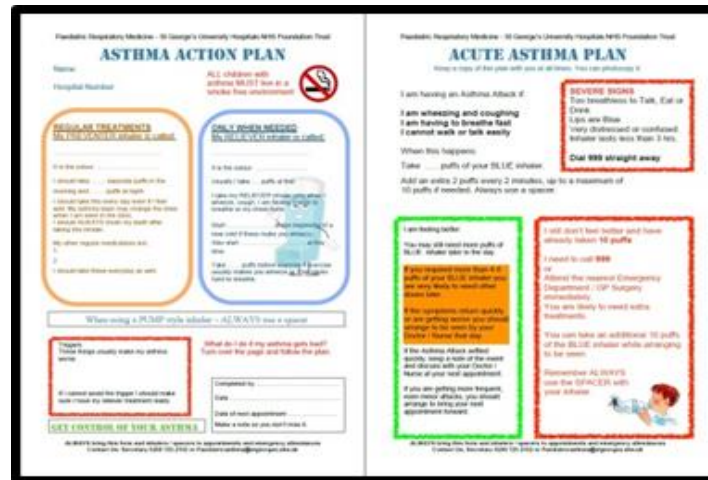
Day	Weekday	Puffs to Give	How Often
1		10	every 4 hours
2		8	every 4 hours
3		6	every 6 hours
4		4	every 6 hours
	continue	4	Every 6 hours until symptoms have fully settled then STOP

**It is important to continue giving the inhalers overnight**

### How to help your child take their inhalers:

- Cuddle your child on your knees or cradle them in your arms.
- Swaddle your child or tuck in their arms if they try to knock the spacer away
- Smile and be positive to prevent your child getting anxious
- Gently stroke your child's cheek with mask so they get used to the feel of it
- Turn the spacer into a toy - let your child play with it and decorate with stickers
- Make giving puffs into a game - parent count 10 seconds aloud and clap at the end
- Add the inhaler into your child's routine, such as before brushing their teeth
- Praise your child when they do the inhaler technique correctly
- **Remember: correct technique is the best way to control child's wheeze**

Always follow your Asthma Action Plan  
Take a photo and share it with friends and family



### Prednisolone and Antibiotics

If your child has been prescribed these medicines, follow the instructions on the box

Antibiotics do not work for illnesses caused by viruses

### GP Review

Arrange a GP review 2 days after discharge to get your child's chest checked

If symptoms worsen, go back to the previous higher dose.

Contact the Asthma Nurses or your GP.

Out of hours, take your child back to the Emergency Department if symptoms do not get better again.

